



## **Transition into Success – Career Coaching Program**

This program will provide you with guidance and support to face your career transition. Sessions will help you deal with the stress associated with this uncertain time, while at the same time help you to focus on the future.

You will be better prepared to transition into success, instead of distress!

### **SESSION 1: A Period of Transition**

- ✓ How will your roles and responsibilities shift?
- ✓ What are your potential sources of stress?
- ✓ How can you develop and maintain positive exercise and eating habits?

### **SESSION 2: A Time to Envision**

- ✓ What are your true values and key motivators?
- ✓ What is your ideal career vision?
- ✓ How can you set realistic and “stretch” goals?

### **SESSION 3: Getting in Position**

- ✓ What are the conditions, priorities and trends in your target market?
- ✓ What are your top skills and talents?
- ✓ How can you best match your skills with market realities?

### **SESSION 4: Making Strong Connections**

- ✓ How deep is your social network and support system?
- ✓ Who are the key players in your social networks?
- ✓ How can you expand your social networks?

### **SESSION 5: Acting with Precision**

- ✓ How can you communicate your “WOW! Factor”?
- ✓ How can you back that asset up?
- ✓ What is your personal “buzz” pitch?

### **SESSION 6: Planning for Your Success**

- ✓ How will you keep track of your goals and progress?
- ✓ What is your intention for ongoing career management?
- ✓ What goals will you set and actionable steps will you take for future career success?

Take the first step to advance your career.

Contact us **TODAY** to schedule your **FREE** 30-minute, initial phone consultation!

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